



DIRECTOR'S LOG

For the past several months, we have been rolling out our Safety Improvement Program, and I have written about it in this column several times. Two policy changes provide support for important elements of the improvement program – [PS 90, Workers Compensation and Work Related Accidents](#) and [PS 67, Misuse of Drugs or Alcohol](#).

In the PS 90 revisions, we have placed new emphasis on reporting and investigating work injuries, and returning employees to duty as soon as possible. Departments, supervisors and employees all play a role in making this a success, and we encourage you to read the entire document to determine how it applies to your particular position.

PS 67 has been revised to increase clarity and intent. It also updates the policy to comply with the latest Executive Order of the Governor. In conjunction with this revision, the list of “safety sensitive and security sensitive” jobs has been expanded to include additional roles. Safety sensitive and security sensitive positions now include those which have operation of equipment in the job descriptions, unsupervised access to normally secured areas, animal handling roles, and other jobs where high injury potential exists or where required by law/regulation. Human Resource Management (HRM) has developed the list and provided it to departments. Safety sensitive and security sensitive positions are required to undergo pre-employment screening and random screening after assuming the job.

It is well known that drug and alcohol abuse causes impairment to the nervous system, dulls senses, increases risk acceptance, creates false senses of abilities to perform or act safely, and other conditions which lead to serious accidents. It is commonly called being “impaired”. Several studies have linked workers’ marijuana smoking with increased absences, tardiness, accidents, workers’ compensation claims, and job turnover. For example, a study among postal workers found that employees who tested positive for marijuana on a pre-employment urine drug test had 55 percent more industrial accidents, 85 percent more injuries, and a 75-percent increase in absenteeism compared with those who tested negative for marijuana use.

Research in the past decade has focused on whether marijuana use actually causes other mental illnesses. The strongest evidence to date suggests a link between cannabis use and *psychosis* - Hall, W., and Degenhardt, L. *Adverse health effects of non-medical cannabis use*. *Lancet* 374(9698):1383–1391, 2009. The new research is part of a large-scale study of health and development conducted in New Zealand. Researchers administered IQ tests to over 1,000 individuals at age 13 (born in 1972

and 1973) and assessed their patterns of cannabis use at several points as they aged. Participants were again tested for IQ at age 38, and their two scores were compared as a function of their marijuana use. The results were striking: Participants who used cannabis heavily in their teens and continued through adulthood showed a significant drop in IQ between the ages of 13 and 38—an average of 8 points for those who met criteria for cannabis dependence.

A [recent report*](#) in *Brain*, for example, reveals neural-connectivity impairment in some brain regions following prolonged cannabis use initiated in adolescence or young adulthood. From the Abstract: “Axonal connectivity was found to be impaired in the right fimbria of the hippocampus (fornix), splenium of the corpus callosum and commissural fibres.... Our findings indicate long-term cannabis use is hazardous to the white matter of the developing brain.” (I understand the last sentence.)

There is a lot of talk about legalizing marijuana today, and legalization may slowly come, as it has in several states for medical use. However, the harmful impact on the young brain is now evident. Our challenge to keep it from the kids will remain. And to keep its impact on accidents down.

Alcohol is legal, but one is still prohibited from being on the job while under the influence. I have served on the Board of an alcohol and drug abuse treatment organization. We defined alcoholism as “drinking that causes problems in one’s life.” This definition is simple and lends itself to action. Marijuana use is somewhat more complex and does not have such a simple definition to work with. Sufficient for me to keep resisting the legal distribution and use of marijuana are the adverse effects on the developing brain and the propensity for psychotic behavior in susceptible individuals. Other drugs such as meth and chemical products are perhaps even more threatening. One only needs to look at the mug shots in the newspaper of those arrested for using, manufacturing, and distributing these drugs to see the damage. See some comparisons at [Frontline](#) website. “Meth” is rampant in our surrounding

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Lab Safety

New Tool to improve Lab Safety!

Laboratory Assessment Tool (LAT)

Laboratories are an integral part of Louisiana State University's educational mission and provide valuable scientific and engineering research. Laboratories also present a variety of health and safety hazards that must be identified and controlled to minimize the risk of injury, illness or accidents. The protection of employees, students and visitors working in laboratories on the LSU Campus is of paramount importance. In order to maintain that protection, the Office of Environmental Health and Safety provides assistance, training, and oversight to ensure safety and regulatory compliance for all uses of laboratory equipment and hazardous chemicals.

EHS is introducing the Laboratory Assessment Tool (LAT) to help facilitate compliance with health and safety regulations at LSU. The LAT is an on-line questionnaire designed to identify potential hazards in research labs. It is a tool that will help guide the principle investigator (PI) in the implementation of appropriate hazard control strategies.

The LAT is accessed through the PI's account in the [EHS Assistant](#) and the responsibility for completing the LAT generally lies with the PI. The LAT requires identification of lab space and lab personnel. Then a series of questions concerning potential hazards in the lab area are answered. The LAT report provides guidance for recognizing lab hazards and makes recommendations for the necessary administrative and engineering controls. Also, the personal protective equipment (PPE) required to eliminate or minimize potential exposures are defined. The LAT automatically assigns the required on-line training to lab personnel based on hazards in your lab.

A report is generated and after review; the PI certifies and submits the report to EHS. EHS will review the report and either approves the LAT or request additional information. Completing the LAT is largely self-explanatory, however if you have any questions or comments, or require assistance, please do not hesitate to contact EH&S at 578-5640.

Link to LAT: [EHS Assistant](#)

Basic First Aid Treatment

For any wound, you should take the following steps:

Take care of the wound immediately, because even a minor wound can get infected if bacteria are allowed to build up in the wound site.

If you get a puncture wound or step on a rusty nail, you should see a doctor immediately, because you may need a tetanus shot. If you don't know whether you're due for a tetanus shot, don't take any chances. Call your doctor. If the puncture wound is from a human or animal bite, seek emergency medical attention. If the cut is deep or has jagged edges, you may need stitches to close the wound.

- Clean the wound with mild soap and water. Hold the wound under running water to remove dirt, and use sterile tweezers to remove remaining debris. If you can't get the wound clean, see a doctor, because the dirt could trigger an infection. If there is a large object embedded in the wound, leave it alone and seek emergency help.
- When the wound is clean, apply antibiotic ointment one to three times a day to prevent infection, and cover it in a sterile bandage. Before reapplying ointment, clean the wound. Stop using the ointment if you develop a rash or other reaction. Change the bandage daily, and use soap to clean the skin around the wound.
- If the injury doesn't stop bleeding on its own, use a clean cloth to apply pressure. Maintain the pressure for 20 minutes while elevating the wounded area, if possible. If bleeding continues after 20 minutes of pressure or 'spurts out' of the wound, seek immediate medical help.
- Watch the wound to make sure it is healing. If the wound does not begin to heal or grows red, warm, and/or inflamed, or the skin around it shows red streaks, seek medical care immediately.

First Aid for Thermal Burns

- Run cool water over the burned area, soak it in cool water (not ice water), or cover it with a clean, cold, wet towel.
- Cover the burn with a sterile bandage or a clean cloth.
- Protect the burn from pressure and friction. DO NOT 'POP' Blisters.
- Use over-the-counter medications such as ibuprofen or acetaminophen for pain.
- Do not apply butter, ice, fluffy cotton dressing, adhesive bandages, cream, oil spray, or any household remedy to a burn.

If a burn appears to be severe or you develop signs of infection, call your doctor.

You should call 911 or local Emergency Telephone number immediately if:

- Bleeding does not slow after a few minutes of steady, direct pressure.
- The person shows signs of shock such as weak pulse, rapid or shallow breathing, or cold, clammy skin.
- The person has trouble breathing .
- A deep cut to the abdomen causes moderate to severe pain.
- There is a cut to the eye.
- A Burn to the face, neck, or groin area or covering a large surface area

If your department needs assistance in First Aid kits, please e-mail: ehs@lsu.edu

(Illnesses, Chemical Burns, and Sprains/Strains, First Aid treatment will be discussed in the next issue of the LIFE LINE)

At LSU and the LSU Ag Center, the safety of our students and researchers is our paramount consideration in our laboratories, and quality safety programming is vital to our successful operation as a Tier I research institution. Also, safety, security and environmental regulations from a host of governmental agencies must be followed to avoid severe monetary penalties and/or research shutdowns and defunding.

To provide assurance to our researchers that their labs are in compliance with necessary safety, security and environmental rules and regulations, we have instituted a lab safety accreditation process, administered by the Environmental Health and Safety (EHS) Office.

The PI's listed to the right have been awarded the LSU Environmental, Health and Safety Laboratory Safety Accreditation. Certificates were presented in a ceremony held September 26, 2013 in the Chemical and Materials Science Building by Dr. Kalliat Valsaraj, Vice Chancellor of LSU Research and Economic Development, Mr. Mike Durham, Director of LSU EHS, and Dr. Jason LeJeune, EHS Manager.

Accreditation is a joint effort between the laboratory groups, various disciplines of the EHS department with assistance from the Radiation Safety Office.

We congratulate these professors, their groups and their department heads as they took steps to make their laboratories safer places in which to work. All laboratories at LSU are asked to participate in the accreditation process.

Many more laboratories in several departments have already begun the process and are moving towards their accreditation audits. More information can be found on our new web site at <https://sites01.lsu.edu/wp/ehs/laboratory-safety-audits-and-accreditation/>.

Please give us a call when you are ready.

LSU EHS Lab Safety Accredited:

- * Dr. Kalliat Valsaraj, Professor, Chemical Engineering, LSU College of Engineering, Laboratory in Chemical Engineering Building
- * Dr. Robin McCarley, Professor, Department of Chemistry, LSU College of Science, Laboratories in Chemical and Materials Science Building
- * Dr. Carol Taylor, Professor, Department of Chemistry, LSU College of Science, Laboratories in Chemical and Materials Science Building
- * Dr. Kevin Smith, Professor, Department of Chemistry, LSU College of Science, Laboratories in Chemical and Materials Science Building
- * Dr. Graca Vicente, Professor, Department of Chemistry, LSU College of Science, Laboratories in Chemical and Materials Science Building
- * Dr. David Spivak, Associate Professor, Department of Chemistry, LSU College of Science, Laboratory in Chemical and Materials Science Building
- * Dr. Evgueni Nesterov, Associate Professor, Department of Chemistry, LSU College of Science, Laboratories in Chemical and Materials Science Building
- * Dr. Donghui Zhang, Associate Professor, Department of Chemistry, LSU College of Science, Laboratories in Chemical and Materials Science Building
- * Dr. Justin Ragains, Assistant Professor, Department of Chemistry, LSU College of Science, Laboratory in Chemical and Materials Science Building
- * Dr. Rendy Kartika, Assistant Professor, Department of Chemistry, LSU College of Science, Laboratory in Chemical and Materials Science Building



Pictured from left to right:
Dr. Jason LeJeune, Dr. Kalliat Valsaraj, Mike Durham,
Audrey Heath, and Amy Hansel

This recall involves APC 7 and 8 series SurgeArrest surge protectors manufactured before 2003

We recently received a notice from Bill Wolfe, LSU Shreveport, about an electrical surge protector that was recalled October 3, 2013 by the Consumer Product Safety Commission.

LINK: [Schneider Electric Recalls APC Surge Protectors Due to Fire Hazard](#)

The top, is a picture of the recalled surge protector.

The Bottom picture is his surge protector that burned prior to the recall.

CPSC states: *“Consumers should immediately stop using the recalled surge protectors, unplug them and contact Schneider Electric for a free replacement surge protector.”*





Innovative Tail-gater.
Method used to comply with Safety
Policy of “Piping exhaust Stack
above Roof”

Driving on State Business??

What you need to know:

1. Drivers **must be [Authorized](#)** annually by their Department Head to drive on State Business
2. The Department Head must authorize the use of personal vehicle on State Business, and employee shall maintain the minimum Insurance requirements on the personal vehicle.
3. **High Risk Drivers** (who received a Serious citation or 3 or more moving violations in one year), are **not allowed** to drive on state business.
4. Authorized drivers must notify their supervisor of **any driving citation received**. Employee is required to re-take Safe Driver Training prior to resuming driving on State business.
5. All Authorized drivers shall complete Safe Driver Training every 3 years as a minimum.

Vehicle Maintenance:

1. The [DAILY VEHICLE LOG](#) must be completed.
2. Daily walk-around inspections should be noted on back of Daily Vehicle Log.
3. Unsafe vehicles shall not be driven.

Auto injury and Damage reporting:

1. Maintain current [insurance information](#) in each State Vehicle
2. Immediately report auto accidents resulting in vehicle damage or injury to local police department for their investigation. Obtain Police report number at the scene.
3. Take pictures, if possible.
4. Immediately report to [LSU Office of Risk Management](#) (225 578-3283) or riskmanagement@lsu.edu
5. Submit [Accident report](#) to LSU office of Risk Management immediately.

Director's Log

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Parishes as is evident from news articles. "Bath Salts" are one of the synthetic chemical drugs. Exactly what is in these concoctions are not known. [WebMD](#), a reputable medical website provides the following info on bath salts: Zane Horowitz, MD, an ER doctor and medical director of the Oregon Poison Center, states, "The presumption is that most 'bath salts' are MDPV, or methylenedioxypyrovalerone, although newer... derivatives are being made by illegal street chemists. Nobody really knows, because there has been no way to test for these substances. However, that is changing, and some tests for certain of these chemicals have been developed." These substances are no longer legally sold in stores in Louisiana and many other states. They are also dangerous!

Much criminal activity seems centered around the sale of crack cocaine. The addiction may occur with the first experience with the drug, and that is what makes it so very dangerous. The high on the first try is so intense, it can never be matched, even though the user tries higher doses over longer periods. The addiction is so strong, people will rob, steal, even resort to prostitution to get money for the drug. And it is very difficult to overcome the addiction.

Our program at LSU cannot solve all the problems caused by drug use. However, we strive to counter the effects on the job and to help anyone who needs help in coping with addiction.

Our employee assistance program on campus is confidentially available for anyone who is troubled by drugs or alcohol. That phone number is 578-1521. Let's keep LSU safe from the effects of drug and alcohol abuse!

++++ Safety Meetings +++++

As a minimum, Department Safety meetings should be conducted Quarterly. This newsletter can be used as safety meeting material. Please route through your department via e-mail and request a "return receipt," or circulate with "sign-in" sheet containing printed name/date/ and initial.

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